

**STATE ADVISORY COUNCIL ON HEALTH AND WELLNESS:
ARTHRITIS COMMITTEE
MINUTES
October 17, 2018
5:00 PM**

Maryland Department of Health
201 West Preston St, Room Rm L3
Baltimore, MD 21201

Committee Members Present

Rebecca Manno
Rachel Pigott
Margaret Gwaltney
Linda Kline (by phone)

Committee Members Absent

Donna Nordstrom
Jody Marshall (chair)

Committee Staff Present

Sadie Peters

Minutes submitted by: Sadie Peters

Introductions

- The meeting was called to order at 5:10pm by Sadie Peters.
- Committee members introduced themselves.
- The group reviewed the objectives for the meeting:
 - To review the goals decided at the last meeting and begin the action planning process, assigning tasks and deadlines for completion.

Minutes

- Dr. Peters asked if there were any changes to the August 1, 2018 meeting minutes. As there were no changes, following a motion to approve by Ms. Pigott, which was then seconded by Dr. Manno, all Committee members voted in favor of approving the August 1, 2018 minutes.

Co-chair

- The Committee discussed the request by Wellness Council Chair, Dr. Rose, to choose a co-chair to help manage the work so that no one person was too overwhelmed. Ms. Pigott volunteered to serve as co-chair for the Committee.

Legislative Committee

- The Committee discussed Dr. Rose's request for volunteers for the Wellness Council's Legislative Committee. Dr. Manno volunteered to serve on that committee.

Committee Goal Statements

- Dr. Peters presented a revised version of the draft workplan for discussion.
- The Committee reviewed the goal statements and decided on
 - Primary Goal for 2018: **increase utilization of evidence-based programs/interventions and resources to reduce the burden of arthritis in Maryland.**

Discussion

- The group discussed the proposed objectives and activities and debated ideas for revisions of each.
- There was general consensus that convening a group of stakeholders to develop a long-term plan for increasing availability and access and participation in evidence-based arthritis programs is a good idea. A group of stakeholders could also help in identifying resources with which evidence-based arthritis programs and participation could be expanded.

Priority Setting

Discussion

- After discussion, the Committee members agreed to work individually on the Objectives and Strategies, but share input and contributions in an online communication forum like DropBox or Google Docs.
- Dr. Peters volunteered that the Maryland Department of Health (MDH), which already has working relationships with many community and academic partners, could get help identifying partners with whom we could work and could help with gathering more data.
- Dr. Manno, Ms Gwaltney, and Ms. Pigott led discussion about making sure that our efforts were measureable and making sure we determine a baseline of programs, community partners, program/resources, and current participation.
- Dr. Peters reiterated that there are data available to the Committee. There are some statistics for evidence-based programs, like how many Tai Chi for Arthritis programs exist in Maryland, where they are, how many participants, etc. And since the Maryland Department of Health recently wrote a grant to the CDC to expand evidence-based programing for arthritis, we would be able to assist in figuring out how to establish baselines and how to measure achievements.

Next Steps

Discussion

- Committee members agreed to use Google docs to share documents in this planning process.
- Dr. Peters will revise the Workplan template and send the document to the Committee members.
- The group agreed that if they received a draft of the Priority Objectives and some strategies in the next 2-3 weeks, they would be able to provide comments and contribute to the structure of the Action Plan Template buy November 16. After adding their contributions, the group would discuss by email and also consider a conference call, if necessary, before the next full Wellness Council meeting.

Adjournment

- Dr. Peters reminded everyone that the next Wellness Council meeting is scheduled for January 16, 2018.
- Ms. Pigott moved to adjourn the meeting, and Dr. Manno seconded the motion. The meeting was adjourned at 6:07pm.